

Nutrition for Allied Health: ALHS 2315-061- Course Syllabus

University of Texas at Tyler: Department of Health and Kinesiology

**“Our food should be our medicine and our medicine should be our food.”
- Hippocrates**

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Required Text: Nutrition for Health and Healthcare. Cengage Learning, Sixth Edition
2017

Catalog Description: Nutrition for Allied Health is a course required for nutrition and nursing. It is also appropriate for majors in Community Health Sciences and other pre-professional health majors. The goal of this course is to explore nutrient function and the basis for nutrient requirements at the cellular level and relate the science of nutrition to health outcomes.

Course Goal: By completion of this course, students will demonstrate knowledge of evidence-based scientific nutrition principles and use that knowledge to impact health at the personal and public level. This course provides the background information needed to proceed to advanced courses in the field of nutrition.

Course Requirements: There are expectations of you, as the student, for this course. This course requires general chemistry to be completed as a prerequisite. This course requires diligence in keeping up with the material and weekly assignments. This is not a self-paced course. There is weekly work that must be completed by the specified due dates. You will spend approximately 4-6 hours preparing for the course each week with online activities and study time. You must have the writing and math skills needed for this course.

Writing: All students must present a professional demeanor in their writing. Students should use correct spelling and punctuation in any correspondence in this course. This includes in emails, discussion boards, and assignments. Students should use APA style of writing for written assignments. Do use the Writing Center to have them edit your written assignments before you submit them (when applicable). The Writing Center is a place for all students, faculty, and staff to work on their writing projects and writing skills. Make an appointment today! <https://www.uttyler.edu/writingcenter/>

Math: All students are required to complete mathematical calculations and should understand order of operations, which is typically first introduced and taught between the 4th and 8th grades.

Course Student Learning Objectives: This course is designed for health care majors with some science background or an advanced interest in Nutritional Science.

As a student completing the course, the following requirements will be expected of you:

CSLO 1. Identify and explain scientifically based nutrition and physiological principles in relation to the prevention of chronic disease.

CSLO 2. Utilize nutrient database software for dietary assessment and critically analyze the data.

CSLO 3. Assess the nutritional status of an individual integrating health and chronic disease history, dietary data, knowledge of physiological consequences of nutritional issues and communicate it effectively.

Response Policy: Much of the time you will be able to see grades immediately. For written assignments, please allow up to two weeks for grading. If you leave me a message, send me an email, or text and do not have a response within 48 hours, please contact me again as it means I did not get the message. Include your name and course number with all correspondence.

Grading:

| | |
|--------------------|--------|
| Discussion Boards | 250pts |
| Activities | 20pts |
| Quizzes | 240pts |
| Final Exam: (comp) | 100pts |

Criteria:

| | |
|---------|---------------------|
| 90-100% | A (549-610 points) |
| 80-89% | B (488-548 points) |
| 70-79% | C (427-487 points) |
| 60-69% | D (366- 426 points) |
| <59% | F (<365 points) |

Total Points Possible: 610

There is no “curve”. Please note that 548 points is a B, not an A.

The last day to withdraw from courses without penalty is November 2nd

Course Format:

Method of Instruction: This course will be taught online. Instructional videos, quizzes, activities, PowerPoints and discussion boards will be used to reinforce the material in assigned readings.

Activities: The activities are 10pts-20pts each. Please read the directions carefully.

Discussion Boards: You will be required to participate in Discussion Board assignments most weeks. Please be sure to provide any resources used. Follow the instructions provided and answer in complete sentences with thoughtful and thought provoking responses. You will also be required to respond to two classmates with at

least two complete sentences. Discussion Boards will be worth 20 points or 50 points depending on the type of discussion.

Quizzes: There will be a total of 15 quizzes worth 10-30 points each.

Exams: You will have one final comprehensive exam at the end of the semester. This will be worth 100 points.

Make-up: Unless you contact the instructor ahead of time, late assignments will not be accepted. Contact me before the due date if you will be unable to complete it and want to avoid a penalty. There must be a valid and reasonable excuse. **Please do not email me assignments unless otherwise asked to.** Please note that all Unit quizzes will lock on the due date and may not be taken after that point.

Communication:

Canvas: Please check Canvas daily for announcements as well as due dates for assignments. To make sure you are always connected, it might be in your best interest to download the Canvas app to your smart phones and iPads.

E-mail: Please check and use your **Patriots e-mail** account as this is where I will be sending things. Please don't hesitate to e-mail me with any questions. Please allow 48 hours for an email response. However, it will typically be quicker. If you have an immediate need, feel free to send a text.

Technical Information: If you experience technical problems or have a technical question about this course, you can obtain assistance by emailing itsupport@patriots.uttyler.edu or call 903.565.5555.

When you email IT Support, be sure to include a complete description of your question or problem including:

- The title and number of the course
- The page in question
- If you get an error message, a description and message number
- What you were doing at the time you got the error message
- Canvas Help: <https://www.uttyler.edu/canvas/>

Netiquette Guide:

"Netiquette" is network etiquette, the do's and don'ts of online communication. Netiquette covers both common courtesy online and informal "rules of the road" of cyberspace. Review and familiarize yourself with the guidelines provided. (URL: <http://www.learnthenet.com/learn-about/netiquette/index.php>)

Course Outline:

| Week | Agenda | Assignments |
|--|---|---|
| Weeks 1-2: January 11th-24th | Introduction and review of Syllabus Unit 1: Digestion and Absorption Overview of Nutrition and Health Digestion and Absorption | Read: Chapters 1 and 2 View: Video lectures and PowerPoints Quizzes: Getting Started, Nutrition Standards, Digestive Organs, Unit 1 Quiz Discussion Boards: Introduce Yourself, Digestion |
| Weeks 3-7: January 25 th – February 28 th | Unit 2: Macronutrients and Energy Balance Carbohydrates Lipids Protein Energy balance and body composition Weight management | Read: Chapters 3 through 7 View: Video lectures and PowerPoints Activities: Macronutrient, Individual Estimated Energy Requirement Quizzes: Unit 2 Quiz Discussion Boards: Carbohydrate, Weight Management, Over or Under (Red-S) Case Study |
| Weeks 8-9: March 1 st – March 14 th | Unit 3: Micronutrients Vitamins and Minerals | Read: Chapters 8 and 9 View: Video lectures and PowerPoints Quizzes: Vitamins, Minerals Discussion Boards: Micronutrient |
| Weeks 10-11: March 15 th - March 28 th | Unit 4: Life Cycle Nutrition Pregnancy and Lactation Infancy Childhood Adolescence Later Adulthood | Read: Chapters 10, 11, 12 View: Video lectures and PowerPoints Quizzes: Foods in Pregnancy, Nutrients and the Older Adult Discussion Boards: Life Cycle Nutrition Case Study Discussion |
| Weeks 12-14: March 29 th – April 18 th | Unit 5: Interventions and Metabolic Disease: Care and Assessment Nutrition Intervention Diabetes and Obesity | Read: Chapters 13, 14, and 20 View: Video lectures and PowerPoints Quizzes: Modified Diets, Stress Related Terms, Diabetes Terms Discussion Boards: Nutrition Assessment Case Study Discussion |
| Week 15: April 19 th –30 th | Final Exam week | Comprehensive Final Exam Due by: December 10th (opens Nov 29th) |

*subject to change at any time

UTT POLICIES

<http://www.utt Tyler.edu/academicaffairs/syllabuspolicies.pdf>

Students Rights and Responsibilities

To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link:

<http://www.utt Tyler.edu/wellness/rightsresponsibilities.php>

Scholastic Dishonesty and Cheating Policy:

Absolute integrity is expected from each student in all aspects of the course. Cheating on exams will not be tolerated. Students may be dismissed for violation of academic integrity. Exams are not open-book. No notes, books, papers or aids are to be used during the test. Students are to work individually and submit the test within the allotted time frame. **All persons involved in Academic Dishonesty will be disciplined in accordance with University Regulations and Procedures.** You are responsible to read and follow the student guidelines on academic integrity.

Grade Replacement/Forgiveness and Census Date Policies

Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. Grade Replacement Contracts are available in the Enrollment Services Center or at <http://www.utt Tyler.edu/registrar>. Each semester's Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.

Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

The Census Date of November 2nd is the deadline for many forms and enrollment actions that students need to be aware of. These include:

- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refunds for partial withdrawals. (There is no refund for these after the Census Date)
- Schedule adjustments (section changes, adding a new class, dropping without a "W" grade)
- Being reinstated or re-enrolled in classes after being dropped for non-payment
- Completing the process for tuition exemptions or waivers through Financial Aid

State-Mandated Course Drop Policy

Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the census date (See Academic Calendar for the specific date).

Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Enrollment Services Center and must be accompanied by documentation of the extenuating circumstance. Please contact the Enrollment Services Center if you have any questions.

Disability/Accessibility Services: In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University of Tyler at Texas offers accommodations to students with learning, physical and/or psychological disabilities. If you have a disability, including non-visible a diagnosis such as a learning disorder, chronic illness, TBI, PTSD, ADHD, or you have a history of modifications or accommodations in a previous educational environment, you are encouraged to visit <https://hood.accessiblelearning.com/UTTyler> and fill out the New Student application. The Student Accessibility and Resources (SAR) office will contact you when your application has been submitted and an appointment with an Accessibility Case Manager. For more information, including filling out an application for services, please visit the SAR webpage at <http://www.uttyler.edu/disabilityservices>, the SAR office located in the University Center, # 3150 or call 903.566.7079.

Student Absence due to Religious Observance

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

Student Absence for University-Sponsored Events and Activities

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

Social Security and FERPA Statement:

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

Emergency Exits and Evacuation:

Everyone is required to exit the building when a fire alarm goes off. Follow your instructor's directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.